

## International information exchange



Japanese Ground Self-Defense Force Gen. Ryoichi Oriki gestures toward his translator about one of the stations that comprise the Combat Conditioning Exercise Jan. 31. Gen. Oriki and his staff toured the Recruit Training Regiment training areas and visited the depot to learn about Marine Corps recruiting and training methods. *Lance Cpl. Charlie Chavez/Chevron*

# Japanese Ground Self-Defense Force staff tours depot training

COMPILED BY MCRD PUBLIC AFFAIRS

The Japanese Ground Self-Defense Force chief of staff visited the depot with three members of his staff to become familiar with Marine Corps recruit training techniques Jan. 30.

Gen. Ryoichi Oriki first visited Duncan Hall to eat lunch with Marines over discussions about recruiting and recruit training.

Gen. Oriki said he could relate to being located in a metropolitan city and being challenged with limited space to expand and train. He also discussed methods for recruiting individuals and the structure of the Marine Corps Recruit Training Regiment with commanding officers.

He then toured the depot, stopping to watch recruits learning Marine Corps Martial Arts and running the Combat

Conditioning Exercise.

"In my opinion, he was really impressed by how quickly we instill discipline, spirit and morale in our recruits," said Col. Greg T. Habel, commanding officer of Recruit Training Regiment, and the general's escort while on the depot.

Gen. Oriki also visited a barracks to see first-hand the recruits' living conditions during basic training.

During this tour of the recruit barracks, Gen. Oriki said he was impressed by a recruit in Company E whose military bearing and discipline were remarkable for someone in training for only two weeks, according to Capt. Taylor H. Buff, depot operations officer.

Habel said that Gen. Oriki also discussed the Japanese Self Defense Force's challenge in maintaining uniformity during recruit training.

Gen. Oriki then visited Recruiters School to hear about

the classes, methods and overall education recruiters and retention specialists receive.

According to Habel, Gen. Oriki was interested in recruiting techniques and what draws men and women to the Marine Corps.

"He was very keen on the techniques we use to recruit people," said Maj. Brian Bell, director of Recruiters School. "Especially the intangible benefits we offer like the pride of belonging and the challenge."

After the briefing, Gen. Oriki said that he had a deeper understanding of what drill instructors and recruiters do on the depot and in the Marine Corps.

"It was rewarding to our personnel to listen to his views, and visits like these help build camaraderie between allies," said Habel. "We were able to compare the way they recruit and train Japanese soldiers. We can learn from each other."

## MCMAP challenges recruits

BY LANCE CPL. ROBERT W. BEAVER  
*Chevron staff*

"Ready, strike!" A drill instructor barks orders to a squad of Company A recruits during their final Marine Corps Martial Arts Program test Jan. 22.

"Kill!" yelled the recruits as they completed the respective strikes.

Nearly three weeks prior to graduation, these recruits were tested on the MCMAP techniques they learned during boot camp. Recruits spent 27.5 required hours learning and mastering the techniques through repetition.

Passing the test means all their hard work had paid off and they earned a tan belt certification in the program. This certification means they will wear a tan belt with their utility uniforms as a symbol of their accomplishments.

"It feels cool to earn the tan belt," said Recruit Ricardo Sendejar, Platoon 1014, Company A. "I feel more confident and it makes me feel a step closer to becoming a Marine."

To be tan belt certified in MCMAP, recruits must properly demonstrate nearly 50 techniques such as the basic fighting stances, armed and unarmed strikes, blocks, counters and restraints.

Recruits must pass at least 70

percent of these techniques to qualify for the belt, which means they can fail only 15 techniques.

Recruits also run the Bayonet Assault Course, participate in pugil stick bouts and complete the obstacle course wearing tactical helmets and vests to earn the tan belt.

"Everything they learn will help them know how to defend themselves. That's probably the most important thing about MCMAP. It instills combat readiness," said Sgt. Michael Moore, drill instructor, Platoon 1010.

Moore said the program breaks recruits down physically and forces them to push beyond their limits—conditions that make an effective training tool for instilling combat readiness.

Not only does MCMAP instill combat readiness, it was also designed to develop Marines' character, and mental and physical disciplines.

After classes, instructors lead their students in discussions called tie-ins. During these mentoring periods, instructors and recruits discuss the Marine Corps values of honor, courage and commitment.

"MCMAP teaches us to be warriors, but it also makes us better leaders," said Moore.

SEE **Photos, pg. 4**

## Depot receives Spirit of San Diego Award



Col. Carl F. Huenefeld, right, chief of staff, Marine Corps Recruit Depot San Diego and the Western Recruiting Region, received the Spirit of San Diego Award on behalf of Brig. Gen. Angie Salinas, commanding general, MCRD San Diego and the WRR during the San Diego Regional Chamber of Commerce annual dinner at the San Diego Convention Center Jan. 31. Navy Rear Adm. Leendert R. Hering Sr., center, the commander of Navy Region Southwest, also received the Spirit of San Diego Award for Navy Region Southwest. Also pictured from left to right are Ruben Barrales, president and CEO, San Diego Regional Chamber of Commerce, Robert B. Horsman, chairman of the board, San Diego Regional Chamber of Commerce, and Anita Bye, Sycuan Band of the Kumeyaay Nation. *Lance Cpl. Charlie Chavez/Chevron*



Marine  
wrestlers  
sponsor  
clinics

3

Chemical engineer  
becomes Marine  
reservist

6

**COMBAT FITNESS  
TEST**

8



# Russian delegation tours depot, exchanges information, ideas



Staff Sgt. Chad Murch, center, drill instructor, Receiving Company, describes to six visiting Russian Naval Infantry officers and their interpreter what occurs when recruits first arrive on the yellow footprints at the depot, Feb. 1. The visitors toured the Recruit Training Regiment training areas, watched Company M’s graduation, received a water survival training demonstration, observed recruits on the obstacle course and met with depot officers. *Lance Cpl. Robert W. Beaver/Chevron*

## MCRD San Diego honored for community impact

Col. Carl Huenefeld, center, chief of staff of Marine Corps Recruit Depot San Diego and the Western Recruiting Region, accepts the Client of the Year Award, on behalf of Brig. Gen. Angie Salinas, commanding general, MCRD San Diego and the WRR from David Peckinpugh, left, president, San Diego Convention and Visitors Bureau and Joe Craver, right, chairman, San Diego Convention and Visitors Bureau, during the San Diego Convention and Visitors Bureau annual meeting Jan. 30. According to the award citation, MCRD San Diego was awarded the honor because of its enormous economic impact to the tourism and visitor industry through recruit graduations, Educators Workshops and community activities. *Lance Cpl. Charlie Chavez/Chevron*



# Depot recognizes outstanding Marines, sailors



From right to left, Col. Carl Huenefeld, chief of staff, Marine Corps Recruit Depot San Diego and the Western Recruiting Region, and Sgt. Maj. Bobby Woods, sergeant major, MCRD San Diego and the WRR, award the depot’s top Marines and sailors during the Morning Colors Ceremony at Pendleton Hall, Feb. 1. From right to left, awardees include: Blue Jacket Sailor of the Quarter, Hospitalman Tonya Condo; Junior Sailor of the Quarter, Hospital Corpsman 3rd Class Christina Lowe; Senior Sailor of the Quarter, Religious Program Specialist 2nd Class Robert Aguirre; Marine of the Quarter, Lance Cpl. James R. Fortune; Noncommissioned Officer of the Quarter, Cpl. Harjay Lacanilao. *Cpl. Carrie Booze/Chevron*

### BRIEFS

#### Cardiac risk screening

Free cardiac risk screenings will be available for active duty, DoD employees, reservists on active duty, retirees and dependants Wednesday from 10 a.m. to 2 p.m. at the fitness center by appointment. Screenings include cholesterol, body fat and blood pressure testing and individual counseling sessions. Test results will be available within five minutes. For an appointment call (619) 524-4427.

#### Tax Center

Free income tax preparation is being offered to active duty, reservists on active duty, retirees and dependants through April 15 at the Legal Assistance Office, Bldg. 12, across the street from the Depot Fitness Center. Those interested in this service must bring a Social Security card, photo identification, W-2 forms, 1098/99s, 2006 tax returns, bank account and routing numbers, child care tax IDs and amounts paid, interest and bank statements, tuition documents and spouse powers of attorney. Call (619) 524-4110 for information Monday through Friday, 8 a.m. to 4:30 p.m.

#### Exceptional Family Member Program Information & Resource Fair

The Exceptional Family Member Program Information and Resource Fair will be held Feb. 28 from 6 to 8 p.m. at the MCRD Field House Gym, Bldg. 650. Resources will be available to support EFMP families, establish contact and gather information. Children’s activities will be provided. For information call Sally Lambert at (619) 524-6078 or via e-mail at rosalee.lambert.ctr@usmc.mil.

#### Career and Education Fair

The Career Resource and Education Center will host a free Career and Education Fair Feb. 13 from 10 a.m. to 1 p.m. in the Field House Gym, Bldg. 14. Active duty, DoD and civilians will have the opportunity to speak with potential employers or with educational institutions regarding degrees, certificates and training. For information call (619) 524-5732.

#### Essay contest

The Women Marines Association, in coordination with the Marine Corps Association and the Women in Military Service for America are looking for active duty, retired, Reserve, veterans, and DoD civilians to enter an educational essay contest. The subject must pertain to women in the Marine Corps. Articles should be no longer than 1,500 words. First prize is \$500, a four-year membership in WMA, a book from WIMSA, and if appropriate, free registration with the Women’s Memorial. Second prize is \$250, a two-year membership in WMA if appropriate, a book from the MCA and a one-year membership with MCA. Entries must be received no later than June 1. E-mail entries to w.ford@mac-marines.org or mail them to WMA Essay Contest, Leatherneck Magazine, PO Box 1775, Quantico, Va., 22134, Attn: Col. Ford. When mailing, include the text on CD or disk on MS Word.

SEND BRIEFS TO roger.edwards@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.



# Marine wrestlers sponsor wrestling clinics for high schoolers

STORY AND PHOTOS BY SGT  
CHRIS R. BERRYMAN  
RS Portland

Three wrestlers from the All-Marine Wrestling Team recently visited high schools in Oregon, Washington, and Alaska.

Acting as representatives for the Marine Corps, wrestlers Sgt. Donovan G. Depatto, Sgt. Jefferson D. Brink and Lance Cpl. Colby C. Alberts visited 13 high schools during their week-long visit to Recruiting Station Portland. From Nov. 4 to 10 they conducted two-to-three wrestling clinics per day.

The Marines of the All-Marine Wrestling Team are known for their discipline and physical fitness. Their members are Marines first, but they are also professional athletes competing on a national and international level. The team trains and competes year-round.

In addition to training, the Marine wrestlers also support the Marine Corps recruiting effort by visiting high schools and heading wrestling clinics. At the end of each talk or clinic, students and school staff are encouraged to ask questions of the wrestlers.

Luke Daffy, the wrestling coach for Robert Service High School, said he knew about military wrestling teams, but many of the students didn't.

"I had a few students who were actually surprised at the idea of the Marine Corps having a wrestling team," said Daffy. He said it inspired a few of them to think more about the Corps as an option.

"The wrestling team visit was a great opportunity to show the versatility and depth of our Corps," said Gunnery Sgt. Kenneth E. King, the staff noncommissioned officer-in-charge of Recruiting Substation Salem, Ore. King said the wrestlers answered many of the students' questions and stayed long afterward to sign autographs.

"We hope that this will be an event that we can put on for years to come," said King.

The three members of the team flew from Jacksonville, N.C., into Anchorage, Alaska, late Sunday night. Early Monday morning they began the first of three visits that day.

"I love to travel," said Depatto. "It was one of my dreams to go to Alaska; to be able to go as a representative of the Marine Corps made it even more worthwhile," said the Olympic hopeful for the 2008 games in Beijing. "A lot of people don't know that we exist as a military sports team."

As most of the team's wrestlers were high school wrestlers they are familiar with freestyle, folk style and Greco-Roman. The team competes in mostly

Greco-Roman style wrestling, but does also compete once a year in freestyle.

On their visit the three team members worked with more than 1,000 high school students practicing interactive, directed training and demonstrating wrestling techniques.

Spending long days visiting schools and nights traveling to the next location, the team-

mates said they gave their all to teach and inspire students while supporting the recruiting effort. They had been to Anchorage and Wasilla, Alaska; Vancouver, Wash.; Portland, Beaverton, Gresham, Salem, Roseburg, and Bend, Ore. All three boarded the plane on Saturday upon the completion of their visit exhausted, but said they were glad they came.

Brink said that meeting different people and coaches, seeing how they view wrestling and how military athletes can make a difference and inspire others, makes it all worth while.

"The event was awesome and the students loved it," said Daffy. "I would love to do this again. I think the Marine Corps is a great option for a lot of these boys."



Sgt. Donovan G. Depatto and a student from Colony High School in Palmer, Alaska, both catch some air during a demonstration of wrestling moves at a clinic taught by members of the All-Marine Wrestling Team.



Two high school students at Summit High School, Bend, Ore., practice wrestling moves taught by members of the All-Marine Wrestling Team. Team members recently conducted clinics at high schools in Oregon, Washington and Alaska.



Sgt. Donovan G. Depatto demonstrates a wrestling technique with Lance Cpl. Colby C. Alberts at Mountain View High School in Bend, Ore.

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# Company A

# MCMAP



Recruit Aaron Kamarad, Platoon 1009, performs a hook during the Marine Corps Martial Arts Program test. Recruits learn six striking techniques during the tan belt level of training.



Recruit Juan Mata, Platoon 1009, strikes his opponent to the ground as he does a counter to the bear hug technique. MCMAP helps to instill combat readiness and develop a Marine's character through mental and physical discipline.



Company A recruits yell a motivating war cry while running to their next task. Jan. 22. Lance Cpl. Robert W. Beaver/Chevron photos



Staff Sgt. Manuel Taylor, Platoon 1009, Company A, evaluates a recruit's performance.





Marine Corps Martial Arts Program testing station at Marine Corps Recruit Depot San Diego, Calif.,



Recruit Justin Trexler, Platoon 1015, Company A, takes a fellow recruit to the ground using the arm bar. Recruits learn different techniques to bring opponents to the ground.



combat roll.



Recruit Misael Avalos, Platoon 1013, assesses his casualty during first aid practical application training.



Recruit Darrel Sampson, Platoon 1009, applies a blood choke to platoon mate Recruit Juan Mata during Company A's Marine Corps Martial Arts Program test Jan. 22. MCMAP teaches recruits that blood chokes are more effective than air chokes due to the speed with which they take effect.





Pfc. Terry Sporrer, Platoon 1011, Company A, does pull-ups outside his platoon's squad bay Monday. Sporrer, a 27-year old native of Dedham, Iowa, joined the Marine Corps looking for a physical challenge as well as to obtain training for his occupation as a chemical engineer. Cpl. Carrie Booze/Chevron photos



Pfc. Terry Sporrer completes push-ups outside of the recruit barracks. He said he plans to use the skills he learns in the Marine Corps to eventually begin his own business and pursue more education after he is finished with initial Marine Corps training.

# Company A Marine sees Corps as professional opportunity

BY PFC. ALICIA SMALL  
Chevron staff

After challenging his mind for more than three years as a chemical engineer, one Company A Marine decided to change gears for a more physical challenge.

Private First Class Terry Sporrer, Platoon 1011, grew up in the small farming town of Dedham, Iowa, where he spent his high school years fascinated by chemistry.

After receiving his bachelor's degree in chemical engineering from Iowa State University, Sporrer, 27, moved to Omaha, Neb., to work for Cargill, a processing plant. While employed there, one of his many tasks was processing corn into sweeteners that are commonly used in beverages.

He said that although his already established career was mentally challenging and paid well, he felt like he needed to broaden his horizons and tackle a different kind of challenge.

"I wanted to serve and protect the future of the country," said Sporrer. "And, to me, money had nothing to do with accomplishing one of the

greatest challenges anyone could ever face. The years are flying by fast and I wanted to see if I could measure up to the brave men and women that came before me, and I had to do it before I got too old."

Sporrer said he thought recruit training was difficult because he lost many of the freedoms he had before he enlisted. He said he was used to living on his own and doing everything for himself, so it was hard for him to adjust to the way of life in training.

He found the challenge he was looking for in the numerous hikes he completed during training and the Crucible, a 54-hour exercise that culminates everything a recruit has learned in boot camp. Sporrer said that even when he was exhausted and sleep-deprived, he was happy because he enjoyed pushing himself to limits that he never thought he could reach.

"Terry grew up helping me on the farm and playing a lot of sports like football," said Richard Sporrer, his father. "I think the amount of physical activity he had as a young man is what gave him the desire and ability

to complete something as strenuous as boot camp."

Sporrer said he learned more discipline, time management and critical thinking skills in recruit training. He said gaining this knowledge helped him better learn how to mentor and lead the people around him.

"Sporrer made a lot of improvements throughout training," said Staff Sgt. Nathan Schoemer, senior drill instructor, Platoon 1011. "He is very intelligent and had great initiative to perform tasks without having to be told. I could also count on him to do whatever I asked of him."

Richard said his son has always been the kind of person to do his best at everything he did, so he chose the Marines because he felt it was a bigger challenge.

Sporrer said that although chemistry was challenging, he wanted something where he could work more with his hands so he decided to enlist as an engineer maintenance mechanic occupation for the Marine Corps reserve unit in Omaha, Neb.

"I chose another form of engineering for my military occupational spe-

cialty because I believe that any extra mechanical training and knowledge will help me advance in my career."

Although Sporrer had completed the prerequisites to become an officer in the Marine Corps, he said he decided against it. He chose to be an enlisted reservist because he wanted the flexibility to continue working in the engineering field.

He had quit his job with Cargill before leaving for boot camp, but will have numerous job opportunities available to him for when he returns home as a Marine.

Sporrer said along with his duties as a reservist, he plans to work as a chemical engineer in the beer industry. He also wants to continue his education and achieve a bachelor's degree in business. Although he is undecided about what type, he said he plans on putting his degree to work and owning his own business.

"The Marine Corps has already been a great learning experience for me," said Sporrer. "I plan on using all the training I get, whether formal or informal, to help better myself and the lives of those around me."

## Col. John M. Dunn

PARADE REVIEWING OFFICER

Colonel John M. Dunn currently serves as the assistant chief of staff, recruiting for the Western Recruiting Region, Marine Corps Recruit Depot San Diego.

Dunn was born in Durham, N.C. He is a graduate of North Carolina State University with a Bachelor of Arts Degree in business management, and was commissioned in June 1977.

Upon completion of The Basic School and Infantry Officers Course, he was assigned to the 1st Battalion, 5th Marines,

1st Marine Division, where he served in various infantry and staff assignments.

He graduated from U. S. Army Ranger School in December 1978.

Transferring to Marine Corps Logistics Base, Albany, Ga., in 1982, Dunn served as the operations officer, and company commander for Headquarters Battalion.

After completing Amphibious Warfare School in 1986, Dunn served as a platoon commander, Officer Candidate School, prior to reporting to the 2nd Marines. Initially assigned duties as the assistant operations officer, he joined 2nd Battalion,

2nd Marines in January 1987 where he served as a company commander and operations officer.

From 1989 to 1992, he commanded Recruiting Station Detroit, Mich., in the 9th Marine Corps District.

Transferred to the United Kingdom in 1992, Dunn served as the commanding officer, Marine Corps Security Force Company London until 1995.

Returning to Quantico, Va., Dunn was assigned to the Warfighting Development Integration Division as the branch head, Integration Division. During this time, Dunn was detailed as the Marine Corps represen-

tative to J-8, joint staff, Land and Littoral Joint Warfighting Capabilities Assessment team.

From 1998 to 2000, Dunn commanded Support Battalion, Recruit Training Regiment, MCRD Parris Island, S.C. Dunn served as the assistant chief of staff, G-7 (Readiness), 1st Marine Division, Camp Pendleton, Calif., from 2000 to 2002.

He most recently served as the commanding officer, 9th Marine Corps District, Kansas City, Mo., from 2002 to 2005.

Dunn's decorations include the Legion of Merit with gold star, the Meritorious Service Medal with three gold stars,



the Navy and Marine Corps Commendation Medal, the Joint Service Achievement Medal, and the Navy and Marine Corps Achievement Medal.



							
<b>Platoon 1010</b> <b>COMPANY HONOR MAN</b> Pfc. D. A. Byrd Toreka, Kan. Recruited by Sgt. E. Bomke	<b>Platoon 1014</b> <b>SERIES HONOR MAN</b> Pfc. M. A. Perez Phoenix Recruited by Staff Sgt. J. G. Albin	<b>Platoon 1009</b> <b>PLATOON HONOR MAN</b> Pfc. T. M. Cotton Roswell, N.M. Recruited by Staff Sgt. A. G. Arrieta	<b>Platoon 1011</b> <b>PLATOON HONOR MAN</b> Pfc. J. M. Rutkowski Houston Recruited by Sgt. S. F. Poceous	<b>Platoon 1013</b> <b>PLATOON HONOR MAN</b> Pfc. C. E. Perkins Jr. Anaheim, Calif. Recruited by Sgt. H. Zeleden	<b>Platoon 1015</b> <b>PLATOON HONOR MAN</b> Pfc. J. H. Trexler Overland Park, Kan. Recruited by Sgt. J. E. Holden	<b>Platoon 1010</b> <b>HIGH SHOOTER (245)</b> Pfc. J. P. Fox Houston Marksmanship Instructor Sgt. D. Elizondo	<b>Platoon 1015</b> <b>HIGH PFT (299)</b> Pvt. J. Pasquantonio Grand Rapids, Mich. Recruited by Sgt. J. M. Perries

ALPHA COMPANY



Gunnery Sgt. Martin Huizar, drill master, speaks to Company A Marines at Marine Corps Recruit Depot San Diego, about their graduation ceremony today. Cpl. James Green/Chevron

1st Recruit Training Battalion

Commanding Officer  
Lt. Col. R. D. Paul  
Sergeant Major  
Sgt. Maj. W. T. Sowers  
Chaplain  
Lt. D. J. Carlson  
Battalion Drill Master  
Gunnery Sgt. M. Huizar

Company A

Commanding Officer  
Capt. W. M. McLaughlin  
Company First Sergeant  
1st Sgt. M. G. Olson

Series 1009

Series Commander  
1st Lt. W. J. Patrick  
Series Gunnery Sergeant  
Staff Sgt. S. S. Rodriguez

Platoon 1009

Senior Drill Instructor  
Staff Sgt. E. Cortes  
Drill Instructors  
Staff Sgt. C. D. Sumner  
Staff Sgt. M. M. Taylor  
Sgt. E. Ramos

Pvt. D. A. Alard  
Pvt. P. Alcantar  
Pfc. J. R. Allen  
\*Pfc. J. A. Alvarado  
Pvt. A. G. Aranda  
Pvt. E. Avilaaochoa  
Pvt. S. Azua  
Pfc. J. A. Bailey  
Pvt. D. A. Barrera  
Pvt. H. A. Barron  
Pvt. A. N. Barwick  
Pvt. D. D. Bell  
Pfc. M. E. Belleci  
Pvt. M. J. Bolton  
Pvt. A. R. Bustillososuna  
Pvt. A. J. Carlson  
Pfc. B. E. Clark  
\*Pfc. T. M. Cotton  
Pvt. J. J. Deboore  
Pvt. N. J. Detore  
Pfc. E. S. Ditmars  
Pvt. J. R. Dodds  
Pfc. R. A. Dougi  
Pfc. V. J. Edney  
Pvt. M. D. Eppard  
Pvt. J. S. Factor

Pvt. I. R. Flores  
Pfc. D. E. Fudge  
Pvt. R. C. Galbreath  
Pvt. A. J. Garcia  
Pvt. J. L. Gatlin  
Pvt. C. A. Goodwin  
Pvt. L. A. Gougeon  
Pvt. R. Graciano-Castillo  
Pvt. R. M. Green  
Pfc. B. Hascall  
Pvt. D. J. Hyslip  
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Pfc. S. J. Jevicky  
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Pvt. S. M. Lancaster  
Pvt. J. L. Lashbrook  
Pvt. E. F. Liljegrenolsson  
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Pvt. C. J. Meachum  
Pvt. J. C. Mejiachavez  
Pvt. L. J. Mullican  
Pvt. D. C. Sampson  
Pvt. A. N. Vasquez

Platoon 1010

Senior Drill Instructor  
Staff Sgt. J. D. Doss  
Drill Instructors  
Sgt. M. Flores  
Sgt. M. A. Moore Jr.

Pvt. K. M. Adams  
Pvt. H. F. Aguilar  
\*Pfc. Z. P. Akers  
Pvt. P. B. Alejo Jr.  
Pfc. M. J. Allen  
Pvt. D. H. Arends III  
Pfc. J. A. Bagley  
Pvt. B. A. Barba  
Pvt. T. R. Bazzell III  
\*Pfc. J. W. Beard  
Pfc. D. W. Beasley  
Pvt. R. C. Boeddeker  
Pvt. T. R. Bornilla Jr.  
Pvt. C. E. Bouloukos  
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Pfc. B. W. Tafoya  
Pvt. R. F. Valenzuela

Platoon 1011

Senior Drill Instructor  
Staff Sgt. C. Colston  
Drill Instructors  
Staff Sgt. N. Schoemer  
Sgt. F. Esquivel

Pvt. D. T. Agostino  
Pvt. M. J. Aguirre  
Pvt. S. W. Blackmon  
Pvt. B. M. Blackstock  
Pfc. B. Z. Brown  
Pvt. G. N. Browne  
Pvt. D. A. Cabogason  
Pvt. A. Camacho  
Pfc. D. M. Casey  
Pvt. J. S. Chavez  
Pfc. C. B. Davis  
Pvt. D. P. Dunston  
Pvt. C. F. Ferik  
Pvt. R. L. Fletcher  
Pvt. L. A. Garcia  
Pfc. S. L. Gustin  
Pvt. T. S. Hainsey  
Pvt. A. Hernandez  
Pvt. K. J. Hodgkins

\*Pfc. J. M. Hopkins  
Pvt. G. M. Hoyt  
Pvt. B. S. Hubbard  
Pvt. P. Hughes  
Pvt. C. D. Hyde  
Pvt. K. P. Janisch  
Pfc. C. J. JeanMarie  
Pvt. S. T. Spencer  
Pvt. J. G. Kowalski  
Pvt. A. K. Krytenbert  
Pvt. J. R. Leos  
Pvt. G. Luevano  
Pvt. A. S. Martin  
\*Pfc. A. D. Martin  
\*Pfc. R. S. McElfresh  
Pvt. J. C. McLucas  
Pvt. J. W. Missildine  
Pvt. J. A. Myriec  
Pvt. C. J. Moore  
Pvt. S. R. Moore  
Pvt. N. L. Nahnsen  
Pvt. J. A. Paylides  
Pvt. M. M. Rios  
Pvt. A. S. Rodriguez  
Pvt. E. E. Rutherford  
\*Pfc. J. M. Rutkowski  
Pvt. M. G. Sanchez  
Pvt. K. G. Scheidt  
Pvt. R. J. Spencer  
Pfc. T. J. Sporer  
Pfc. J. F. Steel  
Pfc. B. W. Tafoya  
Pvt. R. F. Valenzuela

Series 1013

Series Commander  
Capt N. G. Ludwig  
Series Gunnery Sergeant  
Gunnery Sgt. J. C. Gallardo

PLATOON 1013

Senior Drill Instructor  
Gunnery Sgt. C. D. Lepome  
Drill Instructors  
Staff Sgt. R. P. Bousquet  
Sgt. G. Casillas

Pvt. M. R. Allen  
Pvt. M. M. Avalos  
Pvt. C. S. Becerra  
Pfc. B. D. Bissel  
Pvt. O. D. Brooks  
Pfc. A. T. Camacho  
Pfc. T. B. Cole  
Pvt. E. Contreras  
Pvt. J. A. Covarrubias  
Pfc. S. C. Danley

Pfc. S. T. Donaghe  
Pfc. B. M. Downing  
Pvt. J. Q. Ediza  
Pvt. T. E. Essig  
Pvt. K. J. Gardiner  
Pvt. J. E. Geck  
Pvt. R. Guerrero Jr.  
Pvt. M. Guzman  
Pfc. R. A. Heady  
Pvt. A. Herrerra  
Pfc. E. Hidalgoaron  
Pvt. M. S. Hill  
Pvt. A. W. Hufford  
Pvt. D. A. Jackson  
Pvt. J. B. Jamison  
Pvt. C. A. Jones  
Pvt. W. A. Jones  
Pfc. I. V. Leyva  
Pvt. S. E. Luttrell  
Pfc. R. C. Madrid  
Pfc. S. N. Marron  
Pvt. R. A. Martinez  
Pvt. E. H. Meckola  
Pvt. J. M. Mellon  
Pvt. C. J. Nagle  
Pfc. N. W. Naranjo  
Pvt. A. S. Nichols  
Pvt. R. D. Ortega  
Pvt. C. E. Perkins Jr.  
Pvt. T. J. Quinnell  
Pvt. B. A. Ralston  
Pvt. B. S. Rigsbey  
Pvt. J. L. Rios  
Pvt. M. A. Rios  
Pvt. N. P. Roberts  
Pvt. M. A. Robertson  
Pvt. F. Ruedas  
Pvt. M. R. Saunders  
Pfc. A. M. Schultz  
Pvt. A. L. Shurtz  
Pvt. J. A. Smith  
Pvt. D. Song  
Pfc. S. R. Swiergosz  
Pfc. R. A. Ziebart

Platoon 1014

Senior Drill Instructor  
Staff Sgt. J. Beltran  
Drill Instructors  
Staff Sgt. P. Guerra

Pvt. L. M. Cardinoza  
Pvt. C. A. Carter  
Pvt. A. S. Chiodo  
Pfc. J. L. Cruz  
Pvt. J. L. Delasantos  
Pfc. B. K. Farley

Pfc. F. Gomez  
Pvt. D. W. Hudson  
Pfc. T. F. Johnston  
Pfc. M. D. Lorenz  
Pfc. T. B. Luna  
Pvt. D. A. Lynch  
Pvt. M. T. Mingus  
\*Pfc. D. A. Moorman  
Pvt. O. Moreno  
\*Pfc. C. P. Nuanez  
Pvt. T. L. Orejel  
Pfc. J. C. Orrie  
Pvt. J. L. Pena  
Pvt. G. Perez  
\*Pfc. M. A. Perez  
Pvt. J. A. Peterson  
Pvt. P. J. Pinckard  
Pfc. M. T. Porter  
Pvt. J. L. Quinton  
Pfc. J. A. Ramirezgarcia  
Pfc. J. B. Russow  
Pvt. J. P. Sammercelli  
Pvt. R. N. Sendejar  
Pvt. R. C. Sinclair  
Pfc. J. B. Singleton  
Pvt. N. D. Smith  
Pvt. E. R. Soqui  
\*Pfc. J. M. Stratton  
Pvt. G. S. Stultz  
Pvt. W. C. Sutton  
Pvt. R. C. Thomas  
Pvt. E. R. Tirado  
Pvt. E. A. Turner  
Pvt. J. R. Valdez  
Pvt. J. U. Valdez  
Pvt. R. G. Valencia  
Pvt. J. D. Valenzuela  
Pfc. J. R. Velasquez  
Pvt. K. R. Venable  
Pvt. N. P. Vessels  
Pfc. J. D. Wilmeth  
Pfc. J. D. Yellowhair

Platoon 1015

Senior Drill Instructor  
Staff Sgt. J. Romero  
Drill Instructors  
Staff Sgt. A. Cruz  
Staff Sgt. E. A. Garcia  
Sgt. J. A. Brown

Pvt. M. D. Johnson  
Pfc. T. A. Johnston  
\*Pfc. C. L. Kingston  
Pfc. J. R. Klee  
\*Pfc. T. C. Knight  
Pvt. C. J. Kohnert

Pvt. M. A. Kozal  
Pfc. D. F. Krause  
Pfc. T. J. Lee  
Pvt. K. L. Leismeister  
Pfc. V. W. Leslie  
Pvt. C. L. Lopez  
Pfc. C. A. MacDiarmid  
Pvt. J. T. Metcalf  
Pvt. P. D. Miller  
Pvt. D. R. Moore  
Pvt. N. P. Morrison  
Pfc. G. J. Mortell  
Pvt. P. M. Moss  
Pvt. A. W. Nesbitt  
Pvt. J. A. Okowit  
Pvt. B. E. Ormstad  
Pvt. J. T. Parks  
Pvt. J. Parra  
Pvt. J. Pasquantonio  
Pfc. B. M. Pawlicki  
\*Pfc. G. P. Perez  
Pvt. M. Pierson  
Pvt. J. Ponce  
Pfc. F. D. Pryor IV  
Pvt. T. J. Pulido  
Pvt. G. Riotte  
Pvt. J. R. Roney  
Pfc. R. R. Ruhs  
Pvt. M. R. Sandoval  
Pvt. D. R. Shaw  
Pvt. T. L. Shupe  
Pvt. J. A. Small  
Pfc. E. R. Sosa  
Pvt. A. D. Thomason  
Pvt. B. Tinker  
Pvt. T. A. Trammell  
\*Pfc. J. H. Trexler  
Pvt. L. X. Valdivia  
Pvt. N. L. Voelker  
Pvt. N. G. Wadle  
Pvt. J. R. Ward  
Pvt. M. E. Washington Jr.  
Pvt. P. W. Watkins  
Pvt. D. J. Webb  
Pfc. J. Wesoloski  
Pvt. C. Wong  
Pvt. M. H. Wright

\*Denotes meritorious promotion



# Depot Marines try out new fitness test

BY CPL. CARRIE BOOZE  
Chevron staff

Marines depot-wide gathered to participate in the newly mandated Combat Fitness Test, Jan. 24 and 25.

The depot was tasked to test-run one of the proposed CFT courses to gain statistics that will help determine how the test will be scored, said Sgt. Roy Slaven, operations evaluator.

According to the Commandant of the Marine Corp's White Letter No. 05-07, the new test will measure the functional elements of Marines' combat fitness levels, and better prepare Marines for the physical rigors of the battlefield.

The letter also states that, in order to reflect the "every Marine a rifleman" ethos, all Marines will be required to run both the CFT and physical fitness test. However, both tests will not take place on the same day, said Slaven.

The course depot Marines ran included three separate events that were designed to simulate combat situations. The Marines began with an 880-yard run wearing boots and utilities, which depicted movement to contact.

Participants then moved to the ammunition lift station where they

struggled to lift a 30-pound ammo can above their heads as many times as they could within one minute.

Marines began this exercise standing with the ammo can at chin level, and then squatted until their elbows touched their knees. As they stood back up, they had to fully extend their arms holding the ammo cans above their heads.

"The ammo lift exercise represents ammo re-supply, which is something that Marines are likely to be required to do while in combat," said Slaven.

Next, after being paired with a partner weighing about the same, the Marines moved to the maneuver under fire event.

During the course, Marines also sprinted and high-crawled 25 yards, negotiated their way through a series of cones and rescued a simulated casualty using both a buddy drag and a fireman carry.

After transporting their simulated casualties, the Marines then picked up two 30-pound ammo cans and sprinted back through the course, dropping the ammo cans to throw grenades at targets and then carrying the ammo cans back to starting point.

"The grenade throw was added because it is important for Marines

to be able throw a grenade accurately while they are physically exhausted," said Slaven.

Slaven said that he believes that the Marines were more worn out than they thought they would be.

"I enjoyed the CFT because it was very challenging but fun at the same time. It also gave me a chance to use some of the field training I have learned in the past," said Lance Cpl. Adolfo Giron-Flores, administrative clerk.

Flores said that finishing the CFT took all the energy he had, and he felt the muscle pain days afterward.

"When looking at a map of the course it doesn't look very difficult, but if Marines puts forth full effort

and execute each exercise correctly they will definitely feel the effects," said Slaven.

Eight other Marine Corps bases were also challenged by the fitness test.

"Marine Corps-wide testing is important because everyone who ran the course can go back to their coordinating units and train other Marines in preparation for the CFT," said Slaven.

Testing of the CFT is scheduled to be completed by the end of March, and Marines can expect the test to be implemented July 1, said Slaven.

The depot will have another CFT testing Feb. 19 and 20, which will be open to any Marines who wish to participate.



Lance Cpl. Cody Ledbetter, 3rd Bn. administration clerk, carries two 30-pound ammunition cans as he navigates the Combat Fitness Test course at Marine Corps Recruit Depot San Diego, Calif., Jan. 25. Pfc. Alicia Small/Chevron



Cpl. Mark Matos, administrative clerk, 2nd Bn., fireman carries his simulated casualty through the remainder of the CFT course. Lance Cpl. Charlie Chavez/Chevron



Depot Marines lift 30-pound ammunition cans over their heads while doing deep knee bends during the CFT. This exercise simulates ammo re-supply and Marines must lift the cans as many times as possible in one minute. Pfc. Alicia Small/Chevron